

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE DATE</b>	Wednesday, 23 June 2021 19:00 GMT -04:00
<b>DIALOGUE TITLE</b>	Plant-based strategies for human and planetary health
<b>CONVENED BY</b>	Dr. Kathleen Kevany, University of Dalhousie & Eating a Vibrant Life; Stephanie Van, Eating a Vibrant Life
<b>DIALOGUE EVENT PAGE</b>	<a href="https://summitdialogues.org/dialogue/21231/">https://summitdialogues.org/dialogue/21231/</a>
<b>DIALOGUE TYPE</b>	Independent
<b>GEOGRAPHICAL FOCUS</b>	Canada, No borders

The outcomes from a Food Systems Summit Dialogue will be of use in developing the pathway to sustainable food systems within the locality in which they take place. They will be a valuable contribution to the national pathways and also of interest to the different workstreams preparing for the Summit: the Action Tracks, Scientific Groups and Champions as well as for other Dialogues.

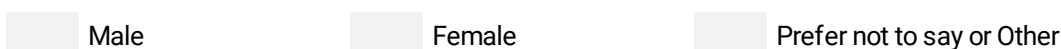
# 1. PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

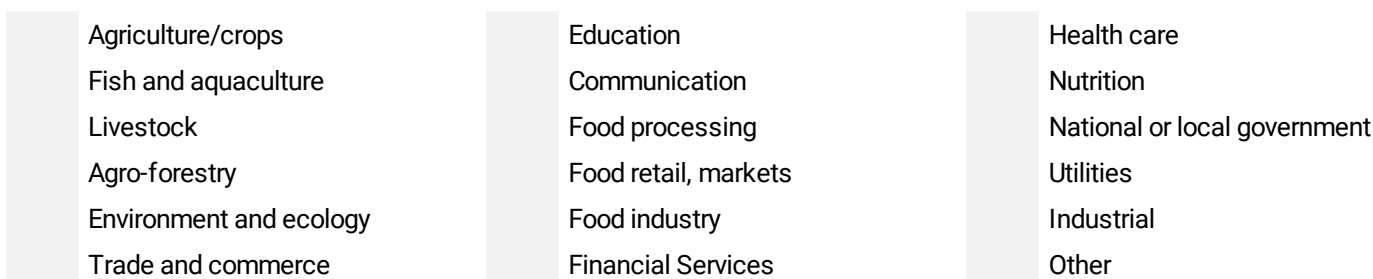
## PARTICIPATION BY AGE RANGE



## PARTICIPATION BY GENDER



## NUMBER OF PARTICIPANTS IN EACH SECTOR



## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP



## 2. PRINCIPLES OF ENGAGEMENT

### HOW DID YOU ORGANIZE THE DIALOGUE SO THAT THE PRINCIPLES WERE INCORPORATED, REINFORCED AND ENHANCED?

The Dialogue was organized to incorporate, reinforce, and enhance the seven Principles through having five main topics of discussion and allowing participants the mobility to move between breakout rooms at any point to discuss other topics that they were interested in. Each breakout room had three questions that would steer the discussion to focus on tangible actions, future opportunities, gaps, and tensions. After the breakout room discussion, all participants gathered back together in the main room to conclude the Dialogue and to end off with summarizing the breakout rooms and with a final conclusion.

### HOW DID YOUR DIALOGUE REFLECT SPECIFIC ASPECTS OF THE PRINCIPLES?

Our Dialogue reflected Act with Urgency, Commit to the Summit, and Build Trust through our introduction and conclusion. With our guest speaker being a Member of Parliament we were able to reassure participants that the topics we were discussing at the Dialogue were important, relevant, and urgent issues that government agencies are interested in and are discussing. Additionally, having our guest speaker participate in the Dialogue itself portrayed the fact that government officials are willing to listen and learn more about food systems and discuss opportunities to incorporate new and innovative solutions at a government level. With our guest speaker's introductory remarks, we were able to start our Dialogue on a positive note that enabled participants to feel hopeful about the discussion ahead. Our conclusion and follow up to all participants allowed for participants to share other events or activities that they were participating in and to share contact information to others as well. Embrace Multi-stakeholder Inclusivity, Be Respectful, Complement the Work of Others, and Recognize Complexity were reflected in our breakout room topics and discussions. With a diverse range of topics we were able to show the complexity of food systems and how health, ethics, the environment, the pandemic, and food security are all connected. With the mobility of moving between breakout room discussions we allowed for participants to go into breakout rooms they felt most passionate about and with a diverse range of participants we were able to be as inclusive as possible. Each breakout room had a facilitator to ensure that the discussion and conversation taking place would stay respectful and would follow the prompting questions.

### DO YOU HAVE ADVICE FOR OTHER DIALOGUE CONVENORS ABOUT APPRECIATING THE PRINCIPLES OF ENGAGEMENT?

The advice that we have for other Dialogue Convenors about appreciating the Principles of Engagement would be that if they choose to have a guest speaker, it is important to choose a speaker that can show the importance of the Dialogue and how it can directly impact policy and decision-making. With a strong guest speaker who is directly involved in policy or decision-making, participants can feel a sense of unity and that the outcomes from the Dialogue have great potential to be put into action and create a tangible difference.

# 3. METHOD

---

The outcomes of a Dialogue are influenced by the method that is used.

**DID YOU USE THE SAME METHOD AS RECOMMENDED BY THE CONVENORS REFERENCE MANUAL?**

**Yes**

**No**

# 4. DIALOGUE FOCUS & OUTCOMES

## MAJOR FOCUS

The focus of our Dialogue was to explore plant-based strategies for human and planetary health. Our five topics of discussion/breakout rooms included: health, ethical rationale, environmental evidence, pandemics and food, and food security. With our Dialogue being hosted by Canadian individuals, our focus was on the Canadian scale. Our discussions were not simply focused on the benefit of a plant-based diet, but on how to educate, promote, and emphasize the benefits to the general public.

### ACTION TRACKS

- Action Track 1: Ensure access to safe and nutritious food for all
- Action Track 2: Shift to sustainable consumption patterns
- Action Track 3: Boost nature-positive production
- Action Track 4: Advance equitable livelihoods
- Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- Finance
- Innovation
- Human rights
- Women & Youth Empowerment
- Policy
- Data & Evidence
- Governance
- Trade-offs
- Environment and Climate

## MAIN FINDINGS

Our overarching remarks from all discussion groups include:

The need to promote Canada's Food Guide; it is strong but has not been leveraged; other countries are looking to Canada's guide (eg. Australia is remodelling their National Food Guide and looking at Canada's)

Food guide is weak in terms of implementation and translating the food guide into meals on a plate

Create new opportunities with the Food Guide, for example: to create a national school meals program to normalize plant-based diets and to promote sustainable diets at a young age

Accelerate adoption of Canada's Food Guide at all public institutions

Directing government to provide subsidies and funding

Reallocate and redirect subsidies away from animal products (dairy and meat) and shift towards plant-based food growing.

E.g. subsidise cultivation of plant foods, pulses, algae, insects, etc.

Structurally rethink how we invest in food infrastructures, food systems

Provide subsidies to industrial animal production to reinvest in plant based food production, re-training

Help with transitions away from animal agriculture on par with powering past and divesting from coal and similar to

reorienting agriculture away from tobacco to other cash crops and value addition

Transitioning to a more plant-based food system is where the world is moving towards to combat pandemic risks, food security, public health issues, environment, and other important issues, however, Canada is not fully realizing our opportunities

Public education and awareness of plant-based nutrition and wellness

Public health campaigns to educate and empower individuals (i.e., new parents about nutritional foods, health care providers with education and how to use the guide)

Educate the public with science based, evidence-based information on plant-based food system literacy; understanding the benefits of plant-based; and a good understanding of plant-based nutrition and health awareness

We need to increase the field of plant-based food system literacy

Draw attention to the interconnectedness between public health, environmental health, and animal health and welfare

Support course development that can be offered in universities and schools, i.e. plant-based food system literacy, plant-based nutrition elective

### ACTION TRACKS

- ✓ Action Track 1: Ensure access to safe and nutritious food for all
- ✓ Action Track 2: Shift to sustainable consumption patterns
- Action Track 3: Boost nature-positive production
- Action Track 4: Advance equitable livelihoods
- ✓ Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- Finance
- Innovation
- Human rights
- Women & Youth Empowerment
- Policy
- Data & Evidence
- Governance
- Trade-offs
- Environment and Climate

## OUTCOMES FOR EACH DISCUSSION TOPIC - 1/5

Health - Breakout Session Room 1

Must consider planet as the sickest person in the room; if we do not take care of environment; we cannot detach ourselves from the health of other beings

Diversity of culture is useful in promoting plant-based diets; some world religions also can put us in the direction of plant based diets

The role of public health - educate public health professionals to recommend plant based diet; engage with physician groups, health authorities, nursing unions, nutritionist -- similar to the lobbying efforts against cigarette companies

Harness the power of social media and do a tweet storm, tik tok videos

Undertake true accounting of negative impacts of industrial meat system (eg. use of antibiotics in agri food business; pandemic threat, zoonoses).

Utilize health economics to compare health care and well-being for a society that is generally healthy compared to generally ill (overweight, comorbidities, NCD)

### ACTION TRACKS

- Action Track 1: Ensure access to safe and nutritious food for all
- Action Track 2: Shift to sustainable consumption patterns
- Action Track 3: Boost nature-positive production
- Action Track 4: Advance equitable livelihoods
- Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- |                                     |                           |                                     |                         |
|-------------------------------------|---------------------------|-------------------------------------|-------------------------|
| <input type="checkbox"/>            | Finance                   | <input checked="" type="checkbox"/> | Policy                  |
| <input checked="" type="checkbox"/> | Innovation                | <input checked="" type="checkbox"/> | Data & Evidence         |
| <input type="checkbox"/>            | Human rights              | <input checked="" type="checkbox"/> | Governance              |
| <input type="checkbox"/>            | Women & Youth Empowerment | <input type="checkbox"/>            | Trade-offs              |
| <input type="checkbox"/>            |                           | <input checked="" type="checkbox"/> | Environment and Climate |

## OUTCOMES FOR EACH DISCUSSION TOPIC - 2/5

Ethical Rationale - Breakout Session Room 2

When plant-based strategies are established, what might be the social and equity opportunities?  
Animal ethics should be considered part of equity, ethics (i.e. intersectionality)

Opportunities:

Meat prices have been increasing over time and some surveys indicate a diet shift due to this (reducing or eliminating meat)  
Plant-based foods are more 'viable' for producers by growing demand (this could help create an equitable playing field)  
Transition to plant-based effectively, gradually and pay special attention to the way we nudge different groups of people (consider what's realistic and meeting people where they are in terms of accessibility and knowledge)  
Citizens are calling for healthier options and low carbon foods more and more

What are the tensions we have identified and how can we manage them?

Indigenous communities and plant-based diet advocates

Although it is a valid concern, it can sometimes be overblown - Indigeneity and Aboriginal rights can be respected AND can improve animal protection. The tensions can be overblown and used as an excuse to shut down discussion about the harms of factory farming, trapping, commercial fur farming (with seal hunting perhaps one exception)

Vegan indigenous movements are happening currently in Canada

Focus on supply more than demand - the drivers of inequitable access to food, e.g. curtailing influence of corporate food producers - should these people have a seat at the policy table?

What actions, if implemented in the next 3 years, will have the greatest impact on well-being and SDGs?

Health and sustainability are connected. Dietary guidelines are part of the puzzle, but need to address the implementation gap in order to meet SDG outcomes. Noted the work of Springmann et al (BMJ 2020 study in particular)

### ACTION TRACKS

- ✓ Action Track 1: Ensure access to safe and nutritious food for all
- ✓ Action Track 2: Shift to sustainable consumption patterns
- ✓ Action Track 3: Boost nature-positive production
- Action Track 4: Advance equitable livelihoods
- Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- Finance
- ✓ Innovation
- Human rights
- Women & Youth Empowerment
- ✓ Policy
- ✓ Data & Evidence
- ✓ Governance
- Trade-offs
- ✓ Environment and Climate



## OUTCOMES FOR EACH DISCUSSION TOPIC - 3/5

Environmental evidence - Breakout Session Room 3

Oxford study: more accounting is needed of how plant based is saving of land used for forage and pasture; greater flexibility in how we manage land; freeing up land base; carbon sequestration; increase in biodiversity; fresh water use and watershed planning to reduce demand on freshwater, reduction in water pollution, lessening of ocean dead zones, reduction in pollution plastic in oceans

Meet our GHG targets:

Production and consumption -all along the value chain needs to be considered in their impact on GHG targets

Inclusion of end to end calculation of the impact of meat on GHG

Need for transparency, measurements, accountability for high standards to exceed Paris agreement

Protect farm land and spaces for food production, secure political commitments and financial investment to ensure access to land (and favourable business environments for plant-based entrepreneurs)

Ensuring access creates pathways for re-wilding, and enabling land to be connected to treaty and reconciliation

Land protection: what is needed into the future to ensure decision-makers, politicians continue to protect the land (i.e. protect the law - ecocide law protecting land tracts from destruction)

### ACTION TRACKS

	Action Track 1: Ensure access to safe and nutritious food for all
✓	Action Track 2: Shift to sustainable consumption patterns
✓	Action Track 3: Boost nature-positive production
	Action Track 4: Advance equitable livelihoods
	Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

	Finance	✓	Policy
✓	Innovation	✓	Data & Evidence
	Human rights	✓	Governance
	Women & Youth Empowerment		Trade-offs
		✓	Environment and Climate

## OUTCOMES FOR EACH DISCUSSION TOPIC - 4/5

### Pandemics and Food - Breakout Session Room 4

Confined Animal Feeding Operations: continue unchallenged. Ban further factory farming.  
land degradation increases our risks for future pandemics  
Reduce pandemics by reducing animal products and increasing access to plant based options  
Build awareness of connection of food systems, including animal confinement and needing to be fed and how this significantly drives to climate change  
Promote balanced plant based recipes that show how they meet nutritional daily intake

#### ACTION TRACKS

<input type="checkbox"/>	Action Track 1: Ensure access to safe and nutritious food for all
<input type="checkbox"/>	Action Track 2: Shift to sustainable consumption patterns
<input checked="" type="checkbox"/>	Action Track 3: Boost nature-positive production
<input type="checkbox"/>	Action Track 4: Advance equitable livelihoods
<input checked="" type="checkbox"/>	Action Track 5: Build resilience to vulnerabilities, shocks and stress

#### KEYWORDS

<input type="checkbox"/>	Finance	<input checked="" type="checkbox"/>	Policy
<input type="checkbox"/>	Innovation	<input checked="" type="checkbox"/>	Data & Evidence
<input type="checkbox"/>	Human rights	<input type="checkbox"/>	Governance
<input type="checkbox"/>	Women & Youth Empowerment	<input type="checkbox"/>	Trade-offs
<input type="checkbox"/>		<input type="checkbox"/>	Environment and Climate

## OUTCOMES FOR EACH DISCUSSION TOPIC - 5/5

Food Security - Breakout Session Room 5

Partnerships with respect to NFPs and levels of government working together to resolve food insecurity issues that are in Toronto:

Vulnerable groups and people who are really in need of support (data to drive decision making; understanding where vulnerabilities lie and where the gaps are)

Looking in the future, food banks are not viable future - we need better tracking of food insecurity and replace this with income security -

Canada needs a basic guaranteed income

Food is a basic right - access, grow, and share their food; public gardens and use public spaces (community gardens and space, indoor production; opportunity to get municipal government involved)

Many first nations are without accessible and appropriate food

Many food systems create waste and infrastructure are needed to prevent waste

People know how to grow food and add to the F&V options:

The opportunity to train more people into agriculture

Looking at accessibility and affordability where there is greater yield without GMOs

Opportunity for the agriculture sector: The use of the land and with the reduction of animal agriculture the feed could be channeled to feed people

### ACTION TRACKS

	Action Track 1: Ensure access to safe and nutritious food for all
✓	Action Track 2: Shift to sustainable consumption patterns
	Action Track 3: Boost nature-positive production
✓	Action Track 4: Advance equitable livelihoods
✓	Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

	Finance		Policy
✓	Innovation	✓	Data & Evidence
✓	Human rights	✓	Governance
	Women & Youth Empowerment		Trade-offs
			Environment and Climate

## AREAS OF DIVERGENCE

People varied on the pace of change they were calling for and the methods of shifting food systems. Some advocated for all public institutions switching to plant-based as the default. Others wanted to see this happen in private sector as well. And still others felt more education was needed to aid individuals in voluntarily making the shift themselves. Some wanted a more active role of government to provide taxation and incentives, while others felt the demand side and market place might play a more substantial role in helping society to shift to more low carbon, higher nutrient foods.

### ACTION TRACKS

- Action Track 1: Ensure access to safe and nutritious food for all
- Action Track 2: Shift to sustainable consumption patterns
- Action Track 3: Boost nature-positive production
- Action Track 4: Advance equitable livelihoods
- Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- |                          |                           |                                     |                         |
|--------------------------|---------------------------|-------------------------------------|-------------------------|
| <input type="checkbox"/> | Finance                   | <input type="checkbox"/>            | Policy                  |
| <input type="checkbox"/> | Innovation                | <input checked="" type="checkbox"/> | Data & Evidence         |
| <input type="checkbox"/> | Human rights              | <input checked="" type="checkbox"/> | Governance              |
| <input type="checkbox"/> | Women & Youth Empowerment | <input type="checkbox"/>            | Trade-offs              |
| <input type="checkbox"/> |                           | <input type="checkbox"/>            | Environment and Climate |

# ATTACHMENTS AND RELEVANT LINKS

---

## ATTACHMENTS

- **Distilled Notes sent to participants**  
[https://summitdialogues.org/wp-content/uploads/2021/07/UNFSS\\_DistilledNotes.pdf](https://summitdialogues.org/wp-content/uploads/2021/07/UNFSS_DistilledNotes.pdf)